



Discover Yoga

Immerse yourself in a daily practice of Yoga to maintain body and mind balance

Discover Yoga

- Day 1
Yoga consultation
Yoga session
- Day 2
Pranayama/meditation
Signature massage
- Day 3
Indian head massage
- Day 4
Yoga session
- Day 5
Pranayama/meditation
Signature massage
- Day 6
Yoga session
- Day 7
Relaxed feet

DISCOVER YOGA	3 nights	5 nights	7 nights
Yoga consultation (30 min)	1	1	1
Personalised Yoga per room (60 min)	1	2	3
Pranayama/Meditation (45 min)	1	2	2
Holistic massage (50 min)	1	2	2
Relaxed feet (50 min)			1
Head massage (50 min)	1	1	1
Price per person	440 €	735€	1035€

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Yoga consultation	x						
Yoga session	x			x		x	
Pranayama Meditation		x			x		
Treatments		Signature massage 50 min	Head massage 50 min		signature massage 50 min		Relaxed feet 50 min

*Please be aware that the package does not include accommodation or meals and you must be a hotel guest at hotel Puente Romano or NOBU for the full length of the program.

About the Yogi

Paula Martin Gonzalez holds a Degree in Physical Education and Sports Science from INEF (Physical Education National Institute University of La Coruña) and is also Certified Therapist with a variety of qualifications from AGAMA (Galician Massage Academy), TTC Spa school in Thailand, Asthanga Vinyasa Yoga teacher training in India (Himalaya Yoga Valley center), CEM (European Beauty Center). She worked as a Yoga instructor and Spa therapist in Greece for almost a decade and now she brings her passion and enthusiasm to help people to reach an optimal individual health.

Six Senses Spa Marbella at Puente Romano Beach Resort & Spa

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